At SHCS we promote UWS students emotional, mental and physical well-being. Our top priority is to continue to provide counseling services for you during this uneasy time. Now more than ever, its important to continuously check in with your mental and emotional health. What better way to do this than to CELEBRATE Mental Health Month which takes place all of the month of MAY!

This years topics are:
- Owning Your Feelings
  - https://mhanational.org/owning-your-feelings
- Finding The Positive
  - https://mhanational.org/finding-positive-after-loss
- Eliminating Toxic Influences
  - https://mhanational.org/eliminating-toxic-influences
- Creating Healthy Routines
  - https://mhanational.org/creating-healthy-routines
- Supporting and Connection With Others
  - https://mhanational.org/connecting-others
  - https://mhanational.org/supporting-others
BENEFITS OF TELECOUNSELING

As all of us social distance from home in order to prevent the spread of COVID-19, many of us may currently be experiencing increased levels of stress or anxiety. It has become critical to conduct telephone or video calls in order to keep us connected during the current pandemic. This is where offering online therapy helps to continue to foster our mental well-being while abiding by social distancing guidelines.

STUDIES HAVE SHOWN THAT WELL-DESIGNED TELEHEALTH THERAPY CAN:

1. Enhance Satisfaction
2. Improve access and outcomes
3. Be utilized for a variety of populations and disorders
4. Accessibility for those with physical limitations
5. Be just as effective as in-person therapy

RESOURCES

https://www.mhanational.org/mental-health-month
https://www.uwsuper.edu/shcs/counseling/screenings/index.cfm
https://www.uwsuper.edu/shcs/index.cfm

WEEKLY EVENTS:

Mindful Mondays Mondays 12-12:30pm via Zoom
https://zoom.us/j/834288696
Daily Mindfulness, 3:30-3:50pm
https://uwsuper.zoom.us/j/8837092128
Beginners Yoga for Students – Jenna Erickson
Pruitt Center for Mindfulness and Well-Being
Mondays 5-6pm
Join Zoom Meeting
https://uwsuper.zoom.us/j/688604721

Wednesday 12:30-1:30pm
Join Zoom Meeting
https://uwsuper.zoom.us/j/829113980

Mental Health Crisis Resrouces

- Superior Police: 911
- UWS Campus Safety: 715-394-8114
- Douglas County 24-hour Cris Line: 715-392-8216
- Suicide Prevention Hotline: 1-800-273-8255
- Veterans Crisis Line: 1-800-273-8255, Press 1
- Text: 838255
- Crisis Text Line: Text "MN" to 741741